

S1 Table. Results of sub-group analyses investigating causes of heterogeneity in effect sizes in studies evaluating MHFA

| | | | | | Difference between subgroups | | |
|--|---------------------------|---------------------|-----------------|---------------------------|------------------------------|--------|----------------------|
| | Number of Comparisons (k) | Cohen's d [95% CI] | <i>p</i> | I ² % [95% CI] | Q-value | df (Q) | <i>p</i> for Q-value |
| Recognition of mental health problem - Post | | | | | | | |
| <i>Comparison condition</i> | | | | | 0.93 | 4 | .920 |
| Waitlist | 2 | 0.04 [-0.98, 1.07] | .935 | 0 [#] | | | |
| No intervention | 2 | 0.06 [-0.98, 1.09] | .910 | 71 [#] | | | |
| Generic health education intervention | 1 | 0.15 [-1.25, 1.55] | .835 | | | | |
| Other mental health education intervention | 1 | -0.24 [-1.89, 1.42] | .780 | | | | |
| Other | 1 | 0.58 [-0.46, 1.61] | .273 | | | | |
| <i>Delivery format</i> | | | | | 1.24 | 1 | .265 |
| Face to face | 3 | 0.40 [-0.02, 0.82] | .059 | 28 [0, 93] | | | |
| Online | 4 | -0.01 [-0.59, 0.58] | .980 | 19 [0, 88] | | | |
| <i>Program type</i> | | | | | 0.27 | 1 | .602 |
| Adult MHFA | 6 | 0.26 [-0.19, 0.71] | .254 | 37 [0, 75] | | | |
| Youth MHFA | 1 | -0.02 [-0.96, 0.93] | .972 | | | | |
| Beliefs about effective treatments - post | | | | | | | |
| <i>Comparison condition</i> | | | | | 20.15 | 3 | <.001 |
| Waitlist | 1 | 0.29 [0.07, 0.50] | .008 | | | | |
| Generic health education intervention | 1 | 0.39 [0.20, 0.59] | <.001 | | | | |
| Other mental health education intervention | 1 | -0.07 [-0.80, 0.67] | .862 | | | | |
| Other | 1 | 0.91 [0.69, 1.13] | <.001 | | | | |

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|---|----|---------------------|-----------------|-----------------|-------|---|-------------|
| <i>Delivery format</i> | | | | | 0.71 | 1 | .401 |
| Face to face | 2 | 0.60 [0.03, 1.17] | .041 | 94 [#] | | | |
| Online | 2 | 0.23 [-0.42, 0.87] | .487 | 28 [#] | | | |
| <i>Program type</i> | | | | | 0.23 | 1 | .635 |
| Adult MHFA | 3 | 0.50 [0.04, 0.97] | .035 | 87 [61, 95] | | | |
| Youth MHFA | 1 | 0.29 [-0.45, 1.03] | .445 | | | | |
| Beliefs about effective treatments - <= 6-month follow-up | | | | | | | |
| <i>Comparison condition</i> | | | | | 12.85 | 3 | .005 |
| Waitlist | 7 | 0.15 [0.05, 0.24] | .002 | 30 [0, 70] | | | |
| No intervention | 2 | 0.33 [-0.06, 0.72] | .102 | 0 [#] | | | |
| Other mental health education intervention | 1 | -0.09 [-0.81, 0.62] | .795 | | | | |
| Other | 1 | 0.61 [0.36, 0.86] | <.001 | | | | |
| <i>Delivery format</i> | | | | | 0.56 | 1 | .454 |
| Face to face | 10 | 0.20 [0.07, 0.33] | .002 | 62 [24, 81] | | | |
| Online | 1 | -0.09 [-0.86, 0.67] | .809 | | | | |
| <i>Program type</i> | | | | | 0.03 | 1 | .857 |
| Adult MHFA | 10 | 0.19 [0.05, 0.33] | .010 | 63 [26, 81] | | | |
| Youth MHFA | 1 | 0.23 [-0.17, 0.63] | .264 | | | | |
| Stigma - <= 6-month follow-up | | | | | | | |
| <i>Comparison condition</i> | | | | | 2.27 | 3 | .518 |
| Waitlist | 8 | 0.15 [0.02, 0.29] | .027 | 0 [0, 68] | | | |
| No intervention | 3 | 0.22 [0.01, 0.44] | .039 | 85 [54, 95] | | | |

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|--|----|---------------------|-----------------|-----------------|-------|------|-----------------|
| Other mental health education intervention | 2 | -0.09 [-0.45, 0.27] | .629 | 69 [#] | | | |
| Other | 1 | 0.09 [-0.26, 0.43] | .624 | | | | |
| <i>Delivery format</i> | | | | | 0.99 | 1 | .320 |
| Face to face | 13 | 0.13 [0.04, 0.22] | .005 | 50 [5, 74] | | | |
| Online | 1 | 0.56 [-0.28, 1.40] | .191 | | | | |
| <i>Program type</i> | | | | | 1.47 | 1 | .226 |
| Adult MHFA | 13 | 0.13 [0.04, 0.22] | .005 | 48 [2, 73] | | | |
| Youth MHFA | 1 | 0.51 [-0.10, 1.12] | .103 | | | | |
| MHFA confidence - post | | | | | | | |
| <i>Comparison condition</i> | | | | | 27.21 | 4.00 | <.001 |
| Waitlist | 2 | 1.11 [0.79, 1.43] | <.001 | 0 [#] | | | |
| No intervention | 1 | 0.64 [0.10, 1.19] | .020 | | | | |
| Generic health education intervention | 1 | 0.24 [0.04, 0.43] | .017 | | | | |
| Other mental health education intervention | 2 | 0.16 [-0.10, 0.43] | .228 | 0 [#] | | | |
| Other | 1 | 0.60 [0.38, 0.81] | <.001 | | | | |
| <i>Delivery format</i> | | | | | 0.72 | 1 | .395 |
| Face to face | 4 | 0.70 [0.30, 1.10] | .001 | 86 [64, 94] | | | |
| Online | 3 | 0.42 [-0.08, 0.92] | .098 | 7 [0, 91] | | | |
| <i>Program type</i> | | | | | 2.82 | 1 | .093 |
| Adult MHFA | 6 | 0.51 [0.22, 0.79] | <.001 | 78 [52, 90] | | | |
| Youth MHFA | 1 | 1.36 [0.40, 2.31] | .005 | | | | |

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|--|----|--------------------|-------|-----------------|------|---|------|
| MHFA confidence - <= 6-month follow-up | | | | | | | |
| <i>Comparison condition</i> | | | | | 2.21 | 3 | .529 |
| Waitlist | 6 | 0.52 [0.26, 0.77] | <.001 | 63 [11, 85] | | | |
| No intervention | 3 | 0.63 [0.25, 1.01] | .001 | 92 [80, 97] | | | |
| Other mental health education intervention | 2 | 0.16 [-0.35, 0.67] | .541 | 0 [#] | | | |
| Other | 1 | 0.40 [-0.17, 0.98] | .172 | | | | |
| <i>Delivery format</i> | | | | | | | |
| | | | | | 0.04 | 1 | .850 |
| Face to face | 11 | 0.47 [0.31, 0.63] | <.001 | 79 [63, 88] | | | |
| Online | 1 | 0.38 [-0.54, 1.30] | .417 | | | | |
| <i>Program type</i> | | | | | | | |
| | | | | | 2.59 | 1 | .108 |
| Adult MHFA | 10 | 0.42 [0.27, 0.58] | <.001 | 78 [61, 88] | | | |
| Youth MHFA | 2 | 0.88 [0.35, 1.41] | .001 | 0 [#] | | | |
| MHFA confidence - >6-month follow-up | | | | | | | |
| <i>Comparison condition</i> | | | | | 1.40 | 1 | .237 |
| no intervention | 1 | 0.48 [-0.07, 1.03] | .088 | | | | |
| generic health education intervention | 1 | 0.12 [-0.10, 0.34] | .285 | | | | |
| <i>Program type</i> | | | | | | | |
| | | | | | 1.40 | 1 | .237 |
| Adult MHFA | 1 | 0.48 [-0.07, 1.03] | .088 | | | | |
| Youth MHFA | 1 | 0.12 [-0.10, 0.34] | .285 | | | | |
| MHFA intentions - <= 6-month follow-up | | | | | | | |
| <i>Program type</i> | | | | | 0.01 | 1 | .933 |
| Adult MHFA | 2 | 0.58 [-0.30, 1.45] | 0.198 | 95 [#] | | | |
| Youth MHFA | 1 | 0.51 [-0.83, 1.85] | 0.457 | | | | |

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|--|---|---------------------|-------|-----------------|---|-------|
| MHFA intentions - >6-month follow-up | | | | | | |
| <i>Comparison condition</i> | | | | 1.93 | 1 | .165 |
| no intervention | 1 | 0.55 [-0.00, 1.10] | .051 | | | |
| generic health education intervention | 1 | 0.13 [-0.09, 0.35] | .254 | | | |
| <i>Program type</i> | | | | 1.93 | 1 | .165 |
| Adult MHFA | 1 | 0.55 [-0.00, 1.10] | .051 | | | |
| Youth MHFA | 1 | 0.13 [-0.09, 0.35] | .254 | | | |
| Amount of MHFA provided - <= 6-month follow-up | | | | | | |
| <i>Comparison condition</i> | | | | 17.44 | 2 | <.001 |
| Waitlist | 5 | 0.25 [0.14, 0.35] | <.001 | 0 [0, 79] | | |
| No intervention | 2 | 0.43 [0.32, 0.55] | <.001 | 26 [#] | | |
| Other mental health education intervention | 2 | -0.21 [-0.50, 0.09] | .170 | 0 [#] | | |
| <i>Delivery format</i> | | | | 2.01 | 1 | .156 |
| Face to face | 8 | 0.25 [0.11, 0.40] | .001 | 63 [19, 83] | | |
| Online | 1 | -0.39 [-1.27, 0.49] | .381 | | | |
| <i>Program type</i> | | | | 0.11 | 1 | .738 |
| Adult MHFA | 8 | 0.22 [0.07, 0.38] | .005 | 67 [31, 84] | | |
| Youth MHFA | 1 | 0.34 [-0.31, 0.99] | .307 | | | |
| Quality of MHFA provided - post | | | | | | |
| <i>Comparison condition</i> | | | | 2.76 | 1 | .096 |
| No intervention | 1 | 1.64 [0.10, 3.18] | .037 | | | |
| Other mental health education intervention | 1 | -0.10 [-1.45, 1.26] | .889 | | | |

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|----------------------------------|---|---------------------|-------------|------|---|------|
| <i>Delivery format</i> | | | | 2.76 | 1 | .096 |
| Face to face | 1 | -0.10 [-1.45, 1.26] | .889 | | | |
| Online | 1 | 1.64 [0.10, 3.18] | .037 | | | |
| Quality of MHFA provided | | | | | | |
| - <= 6-month follow-up | | | | | | |
| <i>Delivery format</i> | | | | 1.21 | 1 | .272 |
| Face to face | 1 | -0.22 [-0.76, 0.31] | .411 | | | |
| Online | 1 | 0.20 [-0.34, 0.74] | .465 | | | |

too few studies to calculate confidence interval